

Low-Point Crab Salad

Ingredients:

- 8 oz. thawed fresh crab meat (or imitation crab meat if fresh crab isn't available in your area)
- 1/2 cup chopped celery
- 1/3 cup light mayonnaise ***See notes below**
- 1/3 cup light miracle whip ***See notes below**
- 3 boiled eggs, chopped
- 2 Tbs chopped onion
- 1/2 tsp. lemon juice
- 1 to 2 tsp. Old Bay Seasoning (per your desired taste), optional
- salt and pepper to taste

Combine all ingredients and chill for 1 to 2 hours before serving for cooler, tastier results!

Total servings - 2 cups

Serving size - 1/2 cup

Points per serving using fresh crab meat - 4.5

Points per serving using imitation crab meat - 5

Points plus per serving using fresh crab meat - 4

Points plus per serving using imitation crab meat - 5

*** You do not have to use both mayonnaise and Miracle Whip.** Although it's not necessary to use both if you do not have both on hand, Miracle Whip offers a more sweet, spicy flavor that some people prefer over mayonnaise.

*** What is the difference between mayonnaise and Miracle Whip?** - To be called a mayonnaise, it must contain 65% vegetable oil by weight. Although Kraft keeps the oil content in Miracle Whip a secret, they confirmed that the oil content is too low to meet the mayo standard, per www.realsimple.com.

This delicious recipe can be found on the website *Points In My Life* (www.pointsinmylife.com)

"Nothing is an obstacle unless you say it is." -Wally Amos